

**IF THIN AND  
NERVOUS, TRY  
PHOSPHATE**

# PHOSPHATE

Nothing Like Plain Nitro-Phosphate  
to Put on Firm, Healthy Flesh and  
to Increase Strength, Vigor  
and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making the people flashier de-

veloping arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organ-

The thin, scrawny girl becomes content with life. Photo by: A. W. H. H.

nitro-phosphate, which is inexpensive and is sold in most all drug stores under a guarantee of satisfaction.

money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance, the increase in weight frequently being astonishing.

Hospital, N. Y. C., showed that two patients gained in weight 23 and 55 pounds, respectively, through the ad-



Our students always pick out the plump, rosy-checked girls.

Increase in weight also carries

Physicians are now recognizing its merits by its use in ever increasing quantities. Frederick Kelle, M. D., ed-



At the seaside, too, the plump, well-rounded figure is most admired.

Director of New York Physicians' "Who's Who," says: "nitro-phosphates should be prescribed by every doctor and used in every hospital to increase strength, nerve force and to enrich the blood."

Joseph D. Harrigan, Former Visiting Physician, North Eastern Dispensatory, says: "Let those who are weak, thin, nervous, anemic, or run-down," take "nitro-phosphates" as a substance such as nitro-phosphate and you will soon see some astonishing results: the increase of nerve energy, strength of body and mind and power of endurance."

Nitro-Phosphate is made entirely

referred to in the National Standard Dispensatory as being a preparation which has recently acquired consider-

neuroasthenia. The standard of excellence, strength and purity of the substance is beyond question, for every Nitro-Phosphate tablet is manufactured in strict accordance with the U. S. Pharmacopoeia test requirements. Nitro-Phosphate is therefore

not a patent medicine and should not be confused with any of the secret nostrums or so-called tonics or widely advertised "cure-alls."

**CAUTION:**—While inositol-phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

**SERATHOL IS FINE**

## FOR INDIGESTION SAYS DR. PARRISH

When you have that "big lump in the stomach" feeling or belching, gas or bad breath from an upset stomach, just take

by the watch and you'll probably say what others have said: "Gemathol works like magic." At any rate it is perfectly harmless, pleasant to take and can be obtained at trifling cost from Newcome's and all first-class druggists.

**CONSTIPATION:**—If people troubled

five minutes each day in taking a body bending exercise that employs the muscles of the abdomen and at night before retiring take a little purified laxative, permanent and highly satisfactory results will soon follow. Drink plenty of fresh water.

and to describe it as the most important

and Crestline.

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